

HONORING HELEN M. HIESTAND  
FOR HER EXTRAORDINARY  
SERVICE TO THE SECOND AND  
SIXTH DISTRICT OF OHIO

**HON. ROB PORTMAN**

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

*Thursday, March 4, 2004*

Mr. PORTMAN. Mr. Speaker, I rise today to recognize my friend Helen Hiestand for her years of able and dedicated public service to the people of Ohio's Second and Sixth Congressional Districts.

Helen served as my District Field Representative for over 6 years. In this role, she served as Service Academy Director; Caseworker; and my representative in the local communities.

Helen's hallmark is professionalism. Throughout her service, Helen not only became a vital member of our office team, she was known for her dedication and commitment to solving problems for people. Helen earned a reputation for keeping in close touch with our local communities and building bridges between people and the Federal Government. She met the highest standards for efficiency and responsiveness in completing casework; served as liaison with local, State and Federal agencies and liaison with local elected officials; and represented me at local events when Congressional business prevented me from attending.

Prior to her service to the Second District, she served former Congressman Bob McEwen as District Office Manager and former Congressman Frank Cremeans as District Representative and Office Manager in Ohio's Sixth Congressional District. We were fortunate to have her join my office in 1997 as District Field Representative.

Helen is also devoted to her family. Her husband, Ed; daughter, Janis; and son, Joe, are pleased that she now has more time to spend with them. Also very active in her church, Helen has served in the United Methodist Women organization; as a Circle Leader; with the Chancel Choir and as a soloist. She has also been active in Emmaus Community, an ecumenical organization.

Helen attended Riverside City College in Riverside, CA, and the University of Texas at Austin.

Although we miss her greatly, we are privileged to have worked with Helen. Her ethical and professional standards, commitment, and dedication have served the Second and Sixth Districts well. We wish her good health and much success in her retirement and whatever she chooses to do next.

CELEBRATING NATIONAL PEANUT  
MONTH

**HON. TOM UDALL**

OF NEW MEXICO

IN THE HOUSE OF REPRESENTATIVES

*Thursday, March 4, 2004*

Mr. UDALL of New Mexico. Mr. Speaker, I rise today to recognize National Peanut Month—a time to celebrate one of America's favorite snacks and an important sector of our agricultural economy. Roasted in the shell for a ballpark snack, ground into peanut butter or

tossed in a salad or stir-fry, peanuts find their way into everything from breakfast to dessert.

National Peanut Month had its beginnings as National Peanut Week in 1941. It was expanded to a month-long celebration in 1974.

It is believed that peanuts originated as a food source in Brazil or Peru in about 950 B.C. The demand for peanuts increased in the United States during the Civil War, when soldiers used them as food. Today, Americans eat 2.4 billion pounds of peanuts each year.

Because peanuts are not nuts but legumes, they grow in the ground and not on trees. The peanut plant grows above the ground, but the actual peanuts grow below the ground. Depending on the variety, peanuts can be ready to harvest in about 4 to 5 months after planting.

George Washington Carver is considered by many to be the father of the peanut industry. He began his peanut research in 1903. He suggested to farmers that they rotate their cotton plants and cultivate peanuts.

According to the U.S. Department of Agriculture, nine states produce peanuts: New Mexico, Alabama, Florida, Georgia, North Carolina, Oklahoma, South Carolina, Texas and Virginia.

Valencia peanuts are an economic mainstay of the High Plains. Peanuts arrived in New Mexico in the early 1900s. The first Valencia peanut grown in the state was the Tennessee Red, named for its red seed coat. Valencias may derive their name from a connection to Valencia, Spain. Today, the primary varieties grown in New Mexico include Valencia A and Valencia C.

Until last year, my home state of New Mexico grew more than 80 percent of the Nation's Valencia peanuts. Valencias, sometimes called ballpark nuts, account for less than 1 percent of U.S. peanut production, but they have been a financial mainstay for many farmers in New Mexico for more than five decades.

Known for their sweetness, Valencias usually have three or more kernels per pod. Well suited to the eastern New Mexico region, the red-skinned peanuts have a shorter growing season than the three other market types: runner, Virginia and Spanish peanuts.

Valencia peanuts have been an almost perfect crop for eastern New Mexico, particularly Roosevelt, Curry and Lea counties. Valencias do so well in the Clovis-Portales area because they face much less disease pressure than in other states. Valencias also thrive in the area's sandy soils.

Many of our peanut farmers in New Mexico have struggled in recent years with a devastating drought. Nonetheless, in 2002, New Mexico's peanut producers still farmed 18,000 acres of peanuts valued at more than \$10 million.

Because of the importance of the peanut sector to my state's economy and traditions, I have worked to see that our interests have a place at the table. The 2002 farm bill established an 18-member board to provide consultation to the U.S. Department of Agriculture on implementing the peanut provisions contained in that law.

I wrote a letter to President Bush urging him to appoint Wayne Hardin and Jimmie Shearer to the board. I made this recommendation after both gentlemen were recommended to me by the New Mexico Peanut Growers Association and the New Mexico Peanut Research Board. I was delighted when the President ac-

cepted my counsel. Wayne and Jimmie are to be commended for their service.

Coincidentally, March is also National Nutrition Month—a great time to recognize the nutritional value of peanuts. Peanuts contain mainly unsaturated fat and are low in saturated fat. They contain fiber and magnesium. Peanuts have more plant protein than any other nut. They are also rich in vitamin E, folate, potassium, zinc, phytosterols and antioxidants. Additionally, diets high in nut consumption have also been shown to have a beneficial effect on lowering cholesterol. With the embrace of low-carbohydrate dieting, peanuts are enjoying an amazing revival.

As my colleagues well know, I am very interested in preventive health care. I was pleased by a 2002 study conducted by researchers at the Harvard School of Public Health that concluded women who eat peanuts or peanut butter five times a week can reduce their risk of developing type 2 diabetes by almost 20 percent. Of course, peanuts alone are not a panacea for good health. Physical activity, losing weight and changing dietary habits are key to helping stay healthy.

Mr. Speaker, National Peanut Month provides us the opportunity to recognize the benefits of peanuts as well as the hard work of all the people in the peanut industry. I ask my colleagues to join with me in this celebration.

IN HONOR OF HARRISON POST 282  
AMERICAN LEGION

**HON. ROBERT MENENDEZ**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Thursday, March 4, 2004*

Mr. MENENDEZ. Mr. Speaker, I rise today to honor Harrison Post 282 American Legion on its 65th Anniversary. An anniversary celebration was held on Saturday, January 17, 2004, at Post 282 Headquarters, 8 Patterson Street, Harrison, New Jersey. The ceremony was presided over by Commander Edwin Marshman, Sr.

On September 16, 1919, the United States Congress chartered the American Legion. The purpose of the American Legion is to serve as a community organization sworn to uphold the Constitution of the United States of America, to foster and promote the ideals of patriotism, and to preserve the memories of wars and battles fought by our courageous men and women in uniform. The American Legion is vital to the preservation and celebration of American heritage. It understands the power and value of our history. Yesterday, these brave soldiers served in the Armed Services to preserve America; today, they serve in our communities to preserve our heritage.

Although the majority of the service provided by the American Legion is geared towards veterans' issues, its service does not stop there. The American Legion is heavily involved in children and youth and community service activities. Since its inception in 1919, the American Legion has been a supporter of the Boy Scouts of America. Today, the Legion is the chartering agency for more than 1,700 scouting units involving more than 64,000 youths.

Harrison Post 282 was formed in 1939 by a group of dedicated Harrison veterans who